



Kane`ohe Community Family Center (KCFC) Family Center News

E-mail us at:
kfcf@pacthawaii.org
Website:
<http://kfcf.pacthawaii.org>

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*The Kane`ohe Community Family Center will facilitate the strengthening of families and communities from Kane`ohe to Kualoa
by enabling them to identify and use their own and other resources to improve their quality of life and sense of community*



Reduce Holiday Stress This Season

Does the thought of getting through the holiday season make you nervous? Do you wonder how you'll get everything done and still have time to spend with your family? During the holidays, our lives can become even more stressful as we strive to please and live up to expectations of loved ones. This year, try to keep your holiday stress to a minimum by prioritizing what is important to you and planning how you will get it done.



Don't be a perfectionist. Understand that you can't do everything. Make a list of the events that matter the most to you and your family. Choose the things that you can accomplish and enjoy.



Plan your time so that you take care of several errands on one trip. You will have more time to spend doing the things that you really want to do.



Be realistic with your expectations. Remember that family time can be both wonderful and anxiety-provoking. Sometimes expectations can be too high, resulting in disappointment and frustration.



Simplify. Don't bake 20 different types of cookies unless you enjoy it. You and your family may enjoy fewer cookies but more time together.



Take some time to think about what the holiday really means to you. Time together, religious observance, reflection on your life and future goals - let these aspects of the holidays keep things in perspective.



Stay on your budget. Overspending will only add to your stress. Even if it takes time to shop around for less expensive gifts, stick to your original budget.



Take breaks with your children. A quick game of Chutes and Ladders, a walk, or reading a book in the midst of activities makes children feel special.

Adapted from: "Advice for Reducing Holiday Stress," <http://www.medicalnewstoday.com/medicalnews.php?newsid=32855>



**"Your children need your presence
more than your presents."**

- Jesse Jackson

Holiday Reading Tips for the Family



- Ask your child to help with holiday shopping. Have him or her write out the list and then read the items aloud as you shop the aisles together.
- When it's time for holiday baking, ask your child to read the directions aloud to you. While the cookies are in the oven, read a book together.
- Have your child write a meaningful letter to Santa.
- Ask your child to help you write out gift cards and nametags. Use extra large tags for small hands.
- Encourage your child to create bookmarks to enclose in a gift book or to mark the place where you left off during read-aloud time.
- Visit the library and pick out some holiday favorites for festive family reading all season long.



Adapted from "Stress-Busting Holiday Reading Tips for Families," <http://www.rif.org/parents/tips/>

Signing Time!

*Sign Language Classes for Kids 0 - 5 yrs. and
Parents*



December 20 - 23, 2005 &
December 27 - 30, 2005
9:15 - 10:15 a.m.



Queen Liliuokalani Children's Center
Free!

Contact Linda Ilento at 235-7610 for more info and to register

Volunteer Opportunity!

Special Olympics Hawaii's Winter Games

Basketball, Bocce, and Bowling

December 2 - 4, 2005

Kaneohe Marine Corps Air Station

Contact Cindy Ujimori at 943-8808 x 27 for more information

**Kaneohe Community
Family Center**

**COMMUNITY RESOURCE
AND REFERRAL**

•Phone 235-7747
•Website <http://kcfc.pacthawaii.org>

**HAWAII PARENTAL
INFORMATION AND
RESOURCE CENTER (HIPRC)**

<http://www.hawaiiiprc.org>

**HOME INSTRUCTION FOR
PARENTS OF PRESCHOOL
YOUNGSTERS
(HIPPY)**

<http://www.hippyusa.org>

YOUTH LEADERSHIP PROGRAM

•King Intermediate School

FAMILY CENTER SERVICES

•Family Support

**NEIGHBOR-2-NEIGHBOR YOUTH
TOBACCO PREVENTION**

•Koolau Village
•Kulana Nani

**VOLUNTEER & COMMUNITY
SERVICE LEARNING
OPPORTUNITIES**

•Clerical and Program Support
•Special Event Child Care

The *Family Center News* is printed monthly by the Kaneohe Community Family Center (KCFC), a program of Parents And Children Together (PACT).

Please direct questions, comments and suggestions to:
The Kaneohe Community Family Center
46-028 Kawa St. Suite A10
Ph. 235-7747 Fax 235-7748
E-mail: kcfc@pacthawaii.org

KCFC Staff:
Christina Simmons, *Family Center Program Director*
Gordon Miyamoto, *Site Coordinator*
Jolene Chang, *Administrative Assistant*
Mariko Oshiro, *PIRC Coordinator*
Jadine Makinano, *Project Specialist*
Sunshine Michael, *HIPPY Coordinator*
Jennifer Bui, *Program Coordinator*
Wanda Valencia, *Family Center Services Specialist*
Leilani Roth, *PIRC Assistant/HIPPY Home Visitor*
Holland Henderson, *Program Coordinator*

Wreath Making, etc...

*A Parent Community Networking
Centers (PCNC) Community Building
Workshop*



*Kaneohe Community Park
(Keaahala Rd. near Jack in the box)
November 28 - December 2, 2005
9:00 a.m. - 7:00 p.m.*

If possible, try to bring plant material from your yard or neighborhood. Bring family and friends along, too!

For more info, call Meryl at 235-9101

HIPPY Home Visitor Wanted

KCFC is looking for a Home Visitor for our Home Instruction for Parents of Preschool Youngsters program (HIPPY).

Requirements: 20 hrs./week, flexible. High school diploma or equivalent. Valid driver's license and daily access to an automobile. Proof of no-fault insurance. Comfortable visiting homes in the community and communicating one on one with families. Must have a 3, 4, or 5 yr. old child to enroll in the program.

Please call Sunshine Michael at 235-9779

**Windward Holiday
Craft Fair**

*Castle High School Cafeteria
45-386 Kaneohe Bay Drive
December 4, 2005
10:00 a.m. - 2:00 p.m.*

*Over 100 Craft Booths *Food
*Snacks *Door Prizes

Bring your family and help support Castle High School's Project Graduation!

Site of the Month

Christmas Advice
<http://allrecipes.com/advice/coll/christmas/default.asp>

*Recipes *Advice on stress-free holiday gatherings *Tips for party planning * Easy Christmas Cookies

KCFC thanks the Castle High School Key Club for their help folding newsletters this month.

December



2nd Star of Bethlehem Show at WCC thru Imaginarium Windward Community College. Show dates: Dec. 2, 16, 17, and 23. Call 235-7433 for times. Tickets are \$5 for adults, \$4 for children, students and military.

3rd Kaneohe Christmas Parade 9 a.m. - 12:30 p.m. Starts at Windward Mall on Haiku Road and continues on Kamehameha Hwy. Ends at Castle High School. 348-2749

3rd Mayor's Annual Christmas Tree Lighting Ceremony and Parade 6 p.m. - 11 p.m. Begins at Aala Park and continues on King Street. Ends between Punchbowl and South Streets. 523-4128

4th Windward Holiday Craft Fair 10 a.m. - 2 p.m. Castle High School Cafeteria. Crafts, food, snacks and door prizes. Over 100 crafters! 247-2305

5th Community Works in 96744 5:30 p.m. Kaneohe Community Family Center 235-7747

8th OGYA Grief Support Group for Children, Teens & Family 6 - 8 p.m. Queen Liliuokalani Children's Center. Cynthia White 735-2989

10th Alzheimer's Support Group 10 - 11:30 a.m. Kaneohe Community Family Center. Learn more about Alzheimer's and the resources that are available to your family. 239-1552

10th Christmas in the Koolaus - A Craft Affair 9 a.m. - 3 p.m. Hope Chapel Kaneohe.

10th The Krush at Windward Mall 1:45 - 2:45 p.m. Center Stage.

11th Windward Year-End Craft Fair 8:30 a.m. - 3 p.m. Heeia Elementary School. Over 100 booths!

15th Kaneohe Neighborhood Board 7 p.m. at WCC Hale Akoakoa, Rm. 103-105, 523-4815

16th Candy Cane Lane at Bishop thru Museum Enjoy festive holiday entertainment and activities, make and take crafts, and much more. See the lights at night or ride the holiday train. \$3 per person. Times are as follows: 5:30 - 9 p.m. on December 16th; 10 a.m. - 9 p.m. on December 17th; 10 a.m. - 5 p.m. on December 18th 848-4171

25th Merry Christmas!
25th Happy Hanukkah! (thru Jan. 1st)

Grandparents Raising Grandchildren will not be meeting this month. Meetings will resume in January. Please call Bernie at 235-7613

Sponsoring a free or low cost event that may be of interest to Kaneohe families? Submit information for the KCFC calendar by the 15th of each month. Fax 235-7748. kcfc@pacthawaii.org